

# THRIVING NOW

## Do you need support with finding or keeping meaningful employment?

### Thriving Now is a work readiness program for adults on the Autism Spectrum

#### Program Description

Employment can make a big difference to a person's self-esteem including a sense of purpose and self-worth practical application of one's interests and/or strengths, opportunities for acquiring new skills and the incorporation of structure and routine into daily life. This group provides strategies and ideas to assist with the common problems that can become barriers for people on the autism spectrum in the work setting. By the end of the program, participants will have a comprehensive workbook of strategies specifically designed for their own profile of strengths and challenges. These strategies can then be used to achieve greater success in the workplace or in finding a meaningful career.

#### Who



Mr Jay Hobbs will facilitate the program with a group of up to 8 adults on the autism spectrum. Jay is a psychologist and a Director at Thriving Now with over 15 years' experience working with adolescents and adults on the autism spectrum. Jay has supported individuals on the autism spectrum to find and keep meaningful employment with both large and small employers across Australia.

Mr Will Attwood will assist in the running of the Thriving Now program. Will has a Bachelor's degree, has worked in a variety of roles and is an individual on the autism spectrum himself.



**Monday, February 4th, 11th, 18th, 25th and March 4th - 3:30 – 5:30pm**

**Venue: 7/88 Boundary Street, West End, Brisbane 4101**

**Cost: \$160 x 5 sessions (\$800 total).**

Payment must be made in advance of the sessions to secure your place. Please note: The total cost of the group is \$800 irrespective of whether you attend each one of the five scheduled sessions.

**Registration:** To register your interest, please email Mr Jay Hobbs at [jamonhobbs@gmail.com](mailto:jamonhobbs@gmail.com). Jay will then contact you to determine your suitability for the program and discuss the details with you. For our online program go to...

<https://thrivingnow.net/>

